

Among Friends



Fond du Lac Senior Center ...where friends meet!

AUGUST 2017

Proudly serving the Fond du Lac community for 50 years!

SUMMER BASH! ***Celebrating 50 years!***

Wednesday, August 30
3:00 p.m. to 6:00 p.m.

LAKE SIDE PARK PAVILION

3:00 p.m.: Doors Open
4:00 p.m.: Annual Raffle Drawing
5:00 p.m.: Live Entertainment with Elvis

FREE ADMISSION

Pizza, Cheesy Bread and Beverages will be available for purchase.



2017



A Free Monthly Publication
Vol. 8 • No. 8

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at our Center.

Visit us online at www.fdlSeniorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



It sure seems like we have gotten a lot of rain this summer. For a while I felt like I was emptying an inch of rain out of my rain gauge almost every day. Because of that, I was pretty surprised to walk outside one morning to see that one of my flower pots was filled with dry and droopy plants. The soil was bone dry and the condition of the plants was a clear sign that I hadn't been paying attention!



As I got out my fertilizer and watering cans, I started to think about these plants, and living things in general. I started to wonder how we as people make sure that we are staying "hydrated" so that we don't end up feeling and looking like my plants. How many of us aren't paying attention to our own needs so that we continue to flourish?

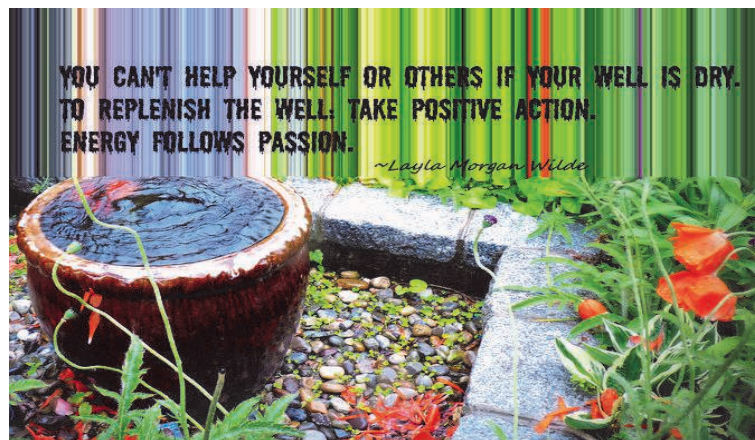
Many things can drain us; caring for an aging parent or a loved one with an illness, the feeling of isolation or loneliness, strained relationships, changes in our own health or our ability to live life the way we have in the past, losing loved ones, financial concerns, or trying to "be there" for friends and family who are facing challenges. All of these things can draw out our energy and leave us to feeling "dry and droopy".

That morning as I watered my plants, I recognized that I was guilty of not taking care of myself and decide that I needed to take some "me time" to go out and recharge. I got my kayak out and went to the marsh and spent several hours paddling around just appreciating all of the beauty. It gave me time to put a lot of things into perspective and when I got off the water, I felt much better.

All of this has made me realize how important it is that we take time to go to the well and draw out the water that revitalizes us. It's even more important that we do it frequently enough that we stay healthy and well. We can only care for others when we are taking care of ourselves first.

I hope that each of you takes some time to take care of yourself. Do something you enjoy, something that hydrates your spirit! And as always, we are here to help you flourish. Stop in and see us!

Cathy





Friday Flicks with the Grandkids

Seniors are encouraged to bring their grandchildren or a special young person!

August Movie: SING
Friday, Aug. 18; 1:00p.m.

Summary: Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, and a bit of a scoundrel, he loves his theater above all and will do anything to preserve it. Facing the crumbling of his life's ambition, he takes one final chance to restore his fading jewel to its former glory by producing the world's greatest singing competition. Five contestants emerge: a mouse, a timid elephant, a pig, a gorilla and a punk-rock porcupine.

Please call the Front Desk at (920) 322-3630 to register!

Newsletter Crew

Editor.....Cathy Loomans
 Mail Crew.....Katie Fischer and
 20+ volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Christina Thor, cth@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Programs & Activities

Melodies and Memories Choir

Thursday, August 10

3:30– 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun?

Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.

There is no admission fee—just stop by!



SCAMP BAND



Dust off your instrument and join us!

Wednesday Morning

8:30

Come for the music, stay for the fun!

Beginning Card Making Class

Tuesday, August 15

2:00 pm to 4:00 pm

Cost: \$5.50 per person

Create two beautiful cards for any upcoming occasion! Christine Bertram will teach you everything you need to know about stamps, papers, inks, cutting tools & adhesives. Materials are included with the cost!



Deadline to register: Monday, August 14 at 12PM

Woodcarving Club

Monday 9:00

New members always welcome!



Beginning Jewelry Making Class

with Mary Ann LaPine

Evening Class: Thursday, August 24 at 5:30 p.m. to 8:00 p.m.

Afternoon Class: Friday, August 25 at 1:00 to 3:30 p.m.

Cost: \$15 (all supplies included!)

Bring a friend (or two!) or make your own unique jewelry! You can either make a 'bracelet and earrings' or a 'necklace and earrings' during this fun class!

\$15 (all supplies included) Please register and pay at the Front Desk



Art Classes

\$16 for a 4-class punch card!

Session 1: August 1, 8, 15, 22, 29

Session 2: September 12, 19, 26 (no class on September 5)

Classes we offer are:

- **Acrylic & Oil Painting:** Tuesdays, 10am–noon
- **Drawing/Watercolor:** Tuesdays, 1pm–3pm (Mixed Media is now being incorporated into the 10am and 1pm classes)

Please sign up at the Front Desk!

Attention Card Players:

Do we have the games for you!

**Check out our monthly calendar and join us
for your favorite game:**



- Bridge
- Canasta
- Cribbage
- Euchre
- Hand and Foot
- Poker
- Recreational Sheephead
- Recreational Euchre
- Sheephead
- Skat



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

Friday, August 4

1:30—4:00

Fond du Lac Senior Center

**NEW
DATE!**



Cost: \$2.00

Registration Deadline:

Tuesday, August 1st

Limit: 28

Play UNO with the Red Hat Honeys!

And as always, a 50 cent donation to our Center is also collected. Please register at the Front Desk if you're interested!

BINGO

Tuesdays at 1:00 p.m.



**Be sure to thank this month's
sponsors:**

**Fond du Lac Lutheran Home
Harbor Haven
The Meadows
Lincoln House
Visiting Angels**

Mahjong



Tuesdays 1:00

Thursdays 12:30



*Join us for Ice Cream to
Celebrate
NATION SENIOR
CITIZEN DAY*

*August 21st
1:00-3:00*

Programs & Activities



August Concert Schedule:

Our Center's Handchime Choir will be performing around the area. Go check them out and be prepared to be amazed!!!

August 9, 2017: Barrett House—Ripon 10:00 a.m.

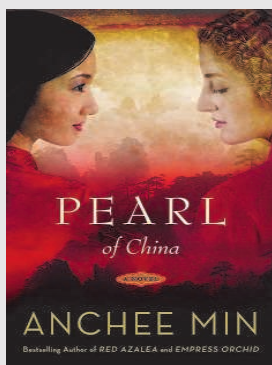
August 10, 2017: Adelaide 10:30 a.m.

August 16, 2017: Brook Industries 10:00 a.m.

August 17, 2017: St. Francis, Gillett St. 10:30 a.m.

BOOK CLUB

Monday, August 21 at 9:30 a.m.



Copies available at the
Senior Center

BOOK OF THE MONTH:
Pearl of China by
Anchee Min

In the small southern town of Chin-kiang, in the last days of the nineteenth century, two young girls meet and become thick as thieves. Willow is the child of a destitute family. Pearl is the headstrong daughter of Christian missionaries. She will grow up to become Pearl S. Buck, the Nobel prize-winning writer and activist, but for now she is just a girl embarrassed by her blonde hair and enchanted by her new Chinese friend.

UMBRELLA BRIGADE

Please come see the Umbrella Brigade's upcoming performance:



Wednesday, August 9
2:30 p.m.
The Woodlands

SCRAPBOOKING Weekly Scrapbook Group

Thursdays
10:00 a.m.



Scrapbook Crop

Saturday August 19
10:30 a.m. to 9:30 p.m.

For more information, call Kim at
(920) 517-1108

Pool League Meeting
Monday, August 21
At 1:00 p.m.

Everyone welcome!



Come and get updates on:

- * League Start Dates
- * New Opportunities for Subs



INTERGENERATIONAL CANDY BAR BINGO FRIDAY, AUGUST 11 at 1:30 p.m.

Save the date! Bring your grandchildren or a special young person and join us for some fun playing Candy Bar Bingo!

Registration is required. Call the front desk at (920) 322-3630

Bagels with Ben Tuesday, August 15 9:00 a.m.—10:00 a.m.



Ben Baertschy, Financial Advisor with Edward Jones Investments will be available to answer questions and give a market update.

Stitchery Group



*Bring your project and join us!
Tuesdays 1:00*

Aging Mastery Program® *National Council on Aging*



Join Us!

**Thursday, August 24
1:30 p.m.**

“Communicating with your Doctor”
Speaker: Dr. Heather Schmidt, Agnesian Health Care

Are you interested in healthy aging? The goal of the Aging Mastery Program (AMP) is to empower older adults to make and maintain small but impactful changes!

Come join us on Thursday, August 24 to learn how to communicate with your doctor better with this **FREE AMP ELECTIVE CLASS!**

If you are interested in signing up for this **FREE AMP class**, register at the Front Desk in-person or call (920) 322-3630!

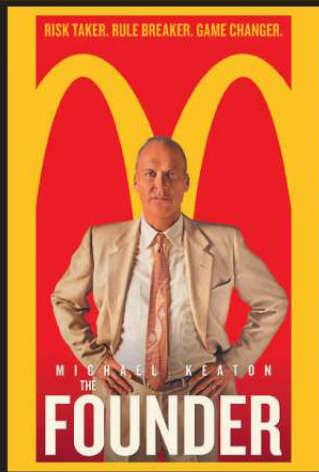


Agnesian Topic—Parkinson Disease **Thursday, August 17** **10 a.m. to 11 a.m.**

Join Dacy Reimer, APNP, Lakeside Neurocare Nurse Practitioner, to learn more about the latest developments in Parkinson Disease.



Monthly Movies



Thursday, August 3: THE FOUNDER

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017; 1 hr 55 mins; PG-13;
Biography/Drama/History; Starring:
Michael Keaton, Nick Offerman &
John Carroll Lynch

Summary: The true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in

1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. Kroc soon maneuvers himself into a position to be able to pull the company from the brothers and create a multi-billion dollar empire.



Wednesday, August 23: THE SHACK

11:45 a.m. Lunch (optional);

1:00 p.m. Movie

2017; 2 hrs 12 mins; PG-13; Drama/
Fantasy; Starring: Sam Worthington,
Octavia Spencer & Tim McGraw

Summary: After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious

letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters a trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

Mark your calendar for September movies:

Thursday, Sept. 7 at 1:00 PM: Beauty & The Beast

Wednesday, Sept. 20 at 1:00 PM: Going In Style

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 9 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!

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August 2017 Fond du Lac County Senior Dining

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday** at **11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com under the "Services" tab.

- Tuesday, August 1: Hawaiian Meatballs
- Wednesday, August 2: Beef Stroganoff
- Thursday, August 3: Chopped Steak in Burg/Mush Sauce
- Friday, August 4: Ham Rolls
- Monday, August 7: Roast Turkey
- Tuesday, August 8: Smoked Sausage
- Wednesday, August 9: Chicken Chow Mein over Rice
- Thursday, August 10: Roast Beef
- Friday, August 11: Chicken Marsala
- Monday, August 14: Pork Jaegerschnitzel
- Tuesday, August 15: Lasagna Casserole
- Wednesday, August 16: Baked Chicken
- Thursday, August 17: Salmon Loaf
- Friday, August 18: Chicken Tetrizzini
- Monday, August 21: Meatballs in Honey
- Tuesday, August 22: Swiss Steak
- Wednesday, August 23: Chili Casserole
- Thursday, August 24: Chicken Cacciatore
- Friday, August 25: Bratwurst on a Bun
- Monday, August 28: Salisbury Steak
- Tuesday, August 29: Baked Chicken
- Wednesday, August 30: Escalloped Potatoes and Ham Casserole
- Thursday, August 31: Hamburger w/ Bun

Come dine with friends!

2017 DINE OUT COUPON BOOKS

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 55 coupons from 45 different restaurants! Purchase a coupon book in the Brown Paper Packages Gift Shop today!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

Thursday, Aug 3 12:00 Noon
Sunset on the Water

Call our Center at (920) 322-3630 to register!

The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if you're interested!

SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You **MUST** call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.

Jim and Linda's Lakeview Supper Club

W3496 County Rd W, Malone, WI

Saturday, August 19

Social: 5:00 p.m. ; Dinner: 5:30 p.m.



Tuesday Night Dining Group

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:00 p.m.

- | | |
|------------------|---|
| August 1 | Sebastian's
770 S. Main St. Fond du Lac |
| August 8 | Paddy's
302 W. Main St. Eden |
| August 15 | Sunset on the Water
N7364 Winnebago Dr, Fond du Lac |
| August 22 | Goose Shot
5 W. Main St. Waupun |
| August 29 | Gino's
584 W. Johnson Fond du Lac |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For information, please call Max at (920) 269-4180



Bike Rides

Wednesday, August 16 at 10:30 a.m.
Eisenbahn Trail

We will meet in Eden on Reagan Drive by the trail. Please call us at

(920) 322-3630 if you need directions. The ride will be a 10-mile minimum.

Enjoy the outdoors with a wonderful group of people, while staying active! Bikers should bring a water bottle, money for lunch (if you want lunch) & 50¢ for donation.

August Rain Date:

Thursday, August 17 at 10:30 a.m. Please call our front desk at 322-3630 to register!

September Bike Ride:

Wednesday, September 20 at 10:30 a.m.
meet at the DeNeveu Shelter in Lakeside Park. Riders will decide on the route that day. Please call (920) 322-3630 to register.

September Rain Date:

Thursday, September 21 at 10:30 a.m.

SUMMER CLASS SCHEDULE CHANGES:

Don't forget to check with the class instructor for any schedule changes during the summer.

Cardio Drumming

There are **NO** cardio drumming classes for August. Join us in September!



Yoga Fit

NOTE: There will be NO YOGA FIT on Saturdays for the summer. See you in Fall!

HEALTH SERVICES

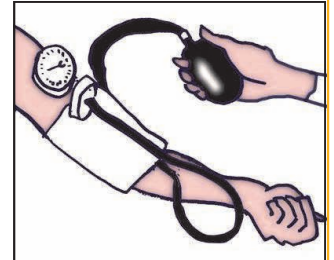
BLOOD PRESSURE TESTING

Sponsored by Agnesian

Friday, August 11; 9:00 a.m.

No appointment needed.

Donations accepted.



BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, August 11; 9:00 a.m.

No appointment needed. *12-hour fast required.*

Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, August 11 FREE hearing screenings and FREE hearing aid cleaning. Please call 322-3630 for an appointment. Donations accepted.

FOOT CARE

Due to staffing changes at Fond du Lac County, we are not able to schedule foot care appointments at this time. More information will be available in the upcoming weeks.



Balance & Body Movement Class on Fridays from 10-10:30AM

Laurence Lewis leads this ongoing weekly class which helps participants improve their

balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

**NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!!**

LINE DANCING CLASS

Beginning Country Line Dancing

9am to 10:30am

Session 1: August 3, 10, 24

Session 2: September 9, 16, 23

Country Line Dancing

Thursdays

6pm to 7:30pm

Session 1: August 3, 10, 24, 31

Session 2: September 7, 14, 21, 28

**\$10 for a 4 class
punch card available
at the Front Desk!**



ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards

\$40.00 available from Instructor Kirsten Quam

CHAIR EXERCISE CLASSES

Men and women welcome!



**LOW IMPACT CHAIR
EXERCISE with Sarah
Docter**

Mondays 9:00–9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 10:00–10:30 a.m.



Hiking Group

This group meets on
Tuesdays & Thursdays at 10
a.m. *Please call Ruth at
921-7192 for more
information including each
day's meeting place*



Self Defense Class on Fridays from 9–10am

*with Laurence Lewis
(also teaching the
Balance & Body
Movement Class)*

**No registration required
Free admission, just drop in!!**

Tai Chi Classes



Tai Chi has
value in
treating or
preventing
many health
problems. This
gentle form of
exercise can
help maintain
strength,

flexibility, and balance, and could be the perfect
activity for the rest of your life!

**Tuesday mornings 9:00-10:00 a.m.
Next Session: Starting in September**

Cost: \$45.00

Participants must be able to walk without aid and
should wear loose, comfortable clothing and tennis
shoes. No partial sessions or refunds.

Please register and pay at the Front Desk.

Outreach

Senior Outreach Program

*Reaching Out ~
Touching Lives*

Volunteers
do not necessarily
have the time;
they just have the *heart.*



Community Cares

The next Community Cares visit will be on **Tuesday, August 22 from 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

If you would like to participate or have questions, call 322-3641. Sharing an hour of your time can make a difference in the life of a senior.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, August 3rd at 9:00 a.m.** at our Center for the monthly Outreach meeting.

Note: This is for Outreach Program Volunteers Only

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center, Inc.

Fond du Lac County Department of

Community Programs

Fond du Lac Area United Way

Fond du Lac Area Foundation



Do you like to make others smile?

Join one of our outreach programs to help decrease isolation in our community and make someone's day brighter! Here is a list of our Senior Outreach Programs:

Community Cares: Visit a local nursing home or assisted living facility once a month for an hour. You will go with other volunteers from our Center and visit one-on-one with residents who get few visitors. Visits are once a month or every other month.

Caring Companions: A supportive program providing companionship to seniors in the community. Volunteers are paired with a "friend" and asked to visit them for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Outreach Coordinator will match you with a client and provide training and support.

Caring Companion Community Partnerships: A supportive program providing companionship to seniors in local senior living communities. Volunteers are paired with a local nursing home or assisted living facility and asked to visit the individuals who reside there for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Center Outreach Coordinator will match you with a facility and provide training and support.

Friendly Phone Calls: A program for seniors who have limited contact with family and friends. Monday through Friday a call is placed to check in and say "Hello." Calls can be made from the comfort of your own home.

Senior Center Friendly Visits: A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.

Learn more about our Outreach Opportunities & how to volunteer by calling Sarah at (920) 322-3641.



JAM SESSION

2nd and 4th
Wednesdays at
10:00

Bring your
instrument and
"Jam Out" with us!
Any instrument
welcome!

Fond du Lac
Karen



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>** All Orange Events are held Offsite</p> <p>Billiard Room open daily for open Pool except during league playing time.</p> <p>OFFSITE SUPPORT GROUPS</p> <p>8/8 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p>8/14 10:00 Parkinson's Support Group- Aurora Health Care</p> <p>8/15 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>Outdoor Games Equipment available to reserve and play at the center</p> <p></p>	<p>1</p> <p>9:00 Tai Chi</p> <p>9:00 MPTC—Apple iPad Basics</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: FDL Lutheran Hm</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>6:00 Winchago Woodworkers at NFDL HS</p> <p>6:30 Senior Dining-Sebastians Social at 5:30</p>	<p>2</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>10:00 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers Trip leaves for Frankenthuth</p>	<p>3</p> <p>9:00 Skat</p> <p>9:00 Senior Outreach</p> <p>9:00 Hand Chimes</p> <p>9:00 Beg. Country Line Dancing</p> <p>9:00 Foot Care</p> <p>10:00 Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:45 Yoga with Jeanne</p> <p>12:00 ROMEO's—Sunset</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>1:00 Flying Geese Quilters</p> <p>1:00 Movie—"The Founder"</p> <p>6:00 Local Parents of Angels</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Crafters Club</p>	<p>4</p> <p>9:00 Self Defense Class</p> <p>10:00 Balance and Body Movement</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>1:30 Red Hat Honey's—UNO</p> <p>5 Saturday</p> <p>6 Sunday</p>
<p>7</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> <p>5:30 FDL Artist Assoc</p>	<p>8</p> <p>9:00 Tai Chi</p> <p>9:00 MPTC—Apple iPad Basics II</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Harbor Haven</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p>6:30 Senior Dining-Paddy's Social at 5:30</p>	<p>9</p> <p>8:30 SCAMP</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>10:00 Hand Chimes at Barrett Hs</p> <p>10:00 Jam Session—All instruments welcome</p> <p>10:00 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>2:30 Umbrella Brigade at The Woodlands #77</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers Trip-WI State Fair</p>	<p>10</p> <p>8:00 Skat</p> <p>9:00 Beg. Country Line Dancing</p> <p>9:30 Senior Outreach Advisory Commi</p> <p>10:00 Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:30 Hand Chimes at Adlealeide</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>1:00 HT Trip Preview—Alaska</p> <p>3:30 Melodies and Memories</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitches</p>	<p>11</p> <p>9:00 Health Screenings -Sponsored By Lutheran Hm & Agnesian</p> <p>9:00 Avada Hearing Screening and Hearing Aide Cleaning</p> <p>9:00 Self Defense Class</p> <p>10:00 Balance and Body Movement</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>1:30 Candy Bar Bingo</p> <p>12 Saturday</p> <p>13 Sunday</p>
<p>14</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p>	<p>15</p> <p>9:00 Tai Chi</p> <p>9:00 Bagels with Ben</p> <p>10:00 Hiking</p>	<p>16</p> <p>8:30 SCAMP</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p>	<p>17</p> <p>8:00 Skat</p> <p>9:00 Foot Care</p> <p>10:00 Hiking</p>	<p>18</p> <p>9:00 Self Defense Class</p> <p>10:00 Balance and Body Movement</p>

<p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: The Meadows</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Beginning Card Making</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:30 Senior Dining-Sunset Social at 5:30</p> <p>Happy Travelers Trip-Memories Theatre "Blue Haired Ladies"</p>	<p>10:00 Video Chair Exercise</p> <p>10:30 Bike Ride-Eisenbahn Trail</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:00 Speaker from Agnesian "Latest Developments on Parkinson's Disease"</p> <p>10:30 Hand Chimes at 10:30</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>6:00 Local Parents of Angels</p> <p>5:45 TOPS #0566</p> <p>6:00 Chartastics Crafters Club</p>	<p>1:00 Friday Ficks with the Grandkids-"Sing"</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>19 Saturday</p> <p>10:30 AM-9:30 pm Scrapbook Crop</p> <p>5:00 Supper Club-Jim & Lindsa</p> <p>5:00 Social; 5:30 Dinner</p> <p>20 Sunday</p>
<p>21</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:00 Pool League Meeting</p> <p>1:00 National Senior Citizens Day Ice Cream Social</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>22</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares</p> <p>4:00 Parkinson's Educational Program</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:30 Senior Dining-Goose Shot Social at 5:30</p>	<p>23</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes-No Rehearsal</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>10:00 Jam Session-All instruments welcome</p> <p>10:00 Video Chair Exercise</p> <p>1:00 Movie-"The Shack"</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers Trip-Oneida Casino and dinner at Schwarz's</p>	<p>24</p> <p>8:00 Skat</p> <p>9:00 Hand Chimes-No Rehearsal</p> <p>9:00 Beg. Country Line Dancing</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>1:30 AMP Elective Class: Communicating With Your Doctor</p> <p>5:30 Beginning Jewelry Making</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>25</p> <p>9:00 Friends Board</p> <p>9:00 Self Defense Class</p> <p>10:00 Balance and Body Movement</p> <p>1:00 Beginning Jewelry Making</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>26 Saturday</p> <p>27 Sunday</p>
<p>28</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>1:00 Euchre</p> <p>1:00 Recreational Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>29</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Visiting Angels</p> <p>1:00 Mahjong</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:30 Senior Dining-Gino's Social at 5:30</p>	<p>30</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes-No Rehearsal</p> <p>9:30 Ladies Golf League at Oakgreen Golf Course</p> <p>10:00 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>3:00-6:00 Summer Bash and Raffle Drawing At Lakeside Park</p> <p>7:30 Wed Night Dance</p>	<p>31</p> <p>8:00 Skat</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes-No Rehearsal</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>12:30 Mahjong</p> <p>1:00 Cribbage</p> <p>1:00 HT Trip Preview-Iceland</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p>	<p>LET'S DO LUNCH!</p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday-Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p>

Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards.

Don't Forget to purchase Raffle Tickets for the 8/30 Drawing

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Happy Travelers

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Happy Travelers' Office 322-3635/322-3633
happytravelers@fdl.wi.gov

Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.



Document Parties

1) Colors of New England
Sept. 7 1:00 p.m.

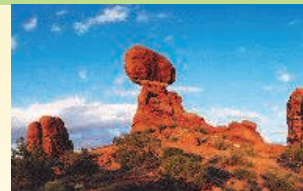
2) Mississippi River Cruise
Sept. 21 1:00 p.m.

If you signed up for this extended trip, come pick up your document packet and meet your fellow travelers!



Great Parks of the Southwest Featuring the Grand Canyon

September 9-19, 2018



Highlights and Inclusions:

- Roundtrip rail transportation aboard Amtrak (2 nights on train)
- Hotel accommodations for 8 nights including 2 nights in Moab at the Red Cliffs Lodge
- 18 meals including lunch in the Rainbow Room
- 5 National Parks: Grand Canyon, Zion, Bryce Canyon, Capitol Reef and Arches
- Antelope Canyon Cruise, Grand Staircase-Escalante National Monument & more.

Mansions, Magnolias and the Blues of Historic Natchez

Join us April 8-15, 2018

The B.B. King Museum, Vicksburg National Military Park, A Plantation Dinner and a tour of the City of St. Louis are some highlights of this 8 day trip.



Where in the World are we going in 2018??

Come and find out!
October 27,
2017
1:30 p.m.



UPCOMING TRIPS—CALL SOON TO SAVE YOUR SPOT!!!

5 Blue Haired Ladies \$85 IN - Only 12 seats left!

Tues., August 15; 10:45am to 5:30pm

Oneida Casino & Schwarz's \$60 IN—Filling—call soon! Weds., August 23; 10:30am to 6:30pm

Waupaca River \$60 IN (dinner) - 7 seats left!

Wednesday, September 13, 11:00am—8:30pm

Elvis Lives \$105 IN

Thursday, September 14; 3:15pm-12:30am

Cranberry Fest \$55 DT

Friday, September 22; 7:30am-8:00pm

Round Robin Restaurants featuring the Loos Boat

Cruise on the Fox River \$99 IN Wed., Sept. 6;
10:45 a.m. -5:00

Yerkes Observatory/Black Point Estate featuring the World's Largest Refracting Telescope

\$90 IN Tues., October 17; 9:00 a.m. to 5:30 p.m.

Packer Stadium/Hall of Fame \$65 DT

Thursday, Nov. 16; 9am-5pm

Menominee Casino/Red Robin in Oshkosh \$44 DT

Monday, November 27; 9am-6:30pm

Miracle on 34th Street (Fireside Theatre) \$105 IN

Thursday, December 7; 8:15am-6pm

IN Meal is included

DT Dutch Treat

DBL price for a double

SGL price for a single



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2018 Panama

11 Days, Thursday, Feb. 1-Friday, Feb. 9

\$3049 double, \$3749 single

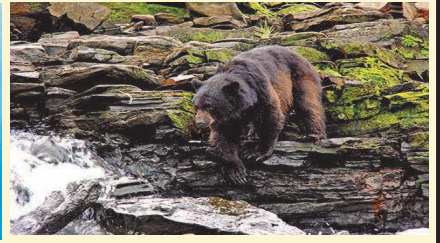
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2018 Alaska Discovery Land & Cruise featuring a 7-night Princess Cruise

Trip Preview Thursday, August 10 1:00 p.m.

Travel Dates: August 14-26, 2018

Enjoy an unforgettable rail journey from Denali to Talkeetna in a luxury domed railcar, an expert guided Tundra Wilderness Tour in Denali National Park, and relive Alaska's Gold Rush days in historic Skagway.



2018 Iceland: Land of Fire & Ice

Trip Preview
Thursday, August 31
1:00 p.m.

Travel Dates: October 13-19, 2018

An island of dramatic contrasts, Iceland is a landscape forged by fire and ice. Steaming lava fields and hot pools reflect its volcanic nature, while massive glaciers continue to sculpt the mountains and valleys, leaving thundering waterfalls and plunging fjords.



Ongoing Activities

SERVICES AVAILABLE

- Free computer/Internet access for Friends members
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- FDL County Department of Senior Services Dining Program.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.



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10 a.m. to 6 p.m.

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Community Announcements

The Wisconsin Parkinson Association presents:

“Understanding Parkinson Disease”

- Lisa Kokontis, MD, from the Neuroscience Group in Neenah will be conducting this **FREE** program. Join us:
 - Tuesday, August 22
 - 6:00-7:30 pm
 - Fond du Lac Senior Center
- The program is open to people with Parkinson Disease, their care partners, and people looking to learn more about Parkinson Disease
- People can register on the Wisconsin Parkinson Association's website, www.wiparkinson.org, or over the phone at (414) 312-6900
- Please call Lori Anderson from the Fond du Lac County Department of Senior Services at (920) 906-4792 with any questions.



Memory Café

alz.org® | **alzheimer's association**

Memory Cafés provide opportunities for persons diagnosed with MCI, early to moderate Alzheimer's disease or other types of dementia, their care partner/s and/or family to engage with peers in a relaxed, unstructured environment. It's a time and place to share stories, laugh, cry, share concerns and celebrate without feeling embarrassed or misunderstood in an atmosphere that promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

AUGUST 8 1:00 – 2:30 | Annie's Fountain City Café
A PICTURE IS WORTH A THOUSAND WORDS.
PHOTOGRAPHY BESTS & BLUNDERS.

August 24 1:00 – 2:30 | Fond du Lac Public Library
STAR LIGHT. STAR BRIGHT On August 21st the first total solar eclipse in the continental U.S. in 38 years will have occurred. The last one occurred February 26, 1979. This eclipse will be the most-viewed ever. Come and share your star gazing stories.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, August 24 6:30—7:30 p.m. (4th Thursday)
 Fond du Lac Senior Center, 151 E. First Street Room 4

DIABETIC SUPPORT GROUP

Tuesday, July 18; 4:00—5:00 p.m. (3rd Tuesday)
 Aurora Health Care Center
 210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

Thursday, August 3 & 17 6:00-8:00 p.m. (1st & 3rd Thursdays)

Fond du Lac Senior Center, 151 E. First Street Room 1

**The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!*

PARKINSON'S SUPPORT GROUP

Monday, August 14 10:00—11:00 a.m. (2nd Monday)
 Aurora Health Care Center
 210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, August 8, 8:30 a.m. (2nd Tuesday)
 Rolling Meadows Family Restaurant
 947 S. Rolling Meadows Drive

Dementia ... Finding Your Way

Location: Holy Family Catholic Church
 Date and Time: Saturday, September 16.
 Registration: 8:00 am
 Presentation: 8:30 am – 12 Noon

If you are a caregiver of a loved one affected with dementia, a memory concern or wish to have a better understanding about dementia, you are encouraged to attend this presentation. A sampling of topics includes: understanding the signs and symptoms of dementia, the difference between dementia and Alzheimer's as well as resources and programs available within FDL County helping individuals to live safely at home.

Presenters: Sandy Tryon, S.W. (FDL County ADRC) and Ginny Nyhuis, Alzheimer's Association

Registration: FREE Pre-registration appreciated by Tuesday, September 12. Contact Erin Cobb 920-921-0580 Ext. 139 or ecobb@hffdl.org



TOP PRIZE: \$500 CASH - Donated by J.F. Ahern Co.

- **\$400 Cash** *Zacherl Funeral Home*
- **2 Milwaukee Bucks Tickets** (value \$260) *The Milwaukee Bucks*
- **\$250 Cash** *Excel Engineering*
- **4 Rounds of Golf** (value \$250) *South Hills Golf & Country Club*
- **4 Brewer Tickets** (value \$200) *KFIZ*
- **4 Badger Football Tickets** (value \$200) *Wally Seibel*
- **\$200 Cash** *TTI Trucking*
- **Gift Basket** (value \$200) *Aurora Health Care*
- **Night Stay** (value \$125) *Holiday Inn*
- **Necklace** (value \$125) *Joanne Bunkelman*
- **\$100 Cash** *Snap-on Tools—Lynn Brezinsky*
- **\$100 Gas Card** *Fox Valley Savings Bank*
- **2 Brewer Tickets** *Mi-Tech Services*
- **Peppermill & Wine Basket** (value \$100) *Helen & Roger Aschenbrenner*
- **\$75 Gift Certificate** *C.W. Smith Jewelers*
- **4 18 Holes of Golf** (value \$78) *Whispering Springs Golf Club*
- **4 18 Holes of Golf** (value \$72) *Oakgreen Golf*
- **\$50 VISA Gift Card** *National Exchange Bank*
- **Gift Basket** (value \$50) *Agnesian*
- **Avon Gift Basket** (value \$50) *Sister Angie Behen & Colleen Mueller*
- **\$50 Cash** *Otterly Transportation, Inc.*
- **\$50 Gift Certificate** *Ken Ketter-American Family Insurance*
- **Victorian Season Goldfinch Canvas** (value \$45) *Gallery & Frame*
- **6 Movie Passes** (value \$48) *FDL Sheriff's Department*
- **\$40 Gift Certificate** *Krail Jewelers*
- **Jordy Nelson Packer Plaque** (value \$30) *FDL Glass & Framing*
- **\$30 Cash** *Silica Appliance*
- **\$25 Gift Certificate** *Woods Floral & Gifts*
- **\$25 Gift Certificate** *Haentze Floral*
- **Brewers Plaque** (value \$25) *Patrick Hanke*
- **\$25 Gift Certificate** *Wood Sampler*
- **\$20 Gift Certificate** *Personal Touch*



Numerous prize packages featuring items from: A&E Jewelers, Annie's Fountain City Café, Fishy's Bakery, Fat Joe's, Blanck's in Johnsburg, Culvers, Domino's Pizza, Backyard Grill, Blanck's Lake Aire, Schreiner's, Philly's on 4th, Pump & Pantry, Model Cleaners, Summit Auto, Verve Credit Union, Glacier Hills Credit Union, Holiday Auto, Technique's Salon, Festival Foods, Living Light Studio, Kondex, Cobblestone Hair Studio, Gino's, The Haven Salon, J&K Alignment, Red Cabin at Green Acres, Fred's Fastrac, Salon 3 and more prizes coming in every week. **Thank you for your support!**

Activities Index

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

EDUCATION

ACRYLIC & OIL PAINTING CLASS

Tuesdays at 10:00 a.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.
(June-Aug: Meets on Thursday Mornings)

DRAWING & WATERCOLOR CLASS

Tuesdays at 1:00 p.m.

COUNTRY LINE DANCING

Thursdays at 6:00 p.m.

GROUPS

BOOK CLUB

Monday, August 21 at 9:30 a.m.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES \$4.00 donation
Wednesday 7:30–9:30 p.m. Call
Caroline at 920-929-9333 for info.

GAME DAY

Fridays at 1:30 p.m.

GENEALOGY

Wednesdays at 1:00 p.m.
(No Meetings until September)

GERMAN CLUB

Mondays at 1:00 p.m.
(No Meetings until September)

HANDCHIME CHOIR

Wednesdays/
Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays
at 10:00 a.m.



MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. Call Nancy at
920-923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m. Call
Laura at 920-923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good
Deed Gals, Umbrella Brigade &
more. The cost is \$5 annual dues; a
free newsletter telling of chapter
activities is also available at the
Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00 a.m.
(June-August: No Regular Sessions)

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.
(except March, July and December)

TOPS (Take Off Pounds Sensibly)

Chapter #0566
Thursdays at 5:45 p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.
General meeting held at the FDL
Senior Center

Other Tuesdays from 6:00-8:00 p.m.
Workshop meetings at Horace Mann
High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for
more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.
(No Meetings until September)
*The Memories Writers meet to share and
preserve life experiences and family history.
New members welcome!*

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00 a.m.

BIKE RIDE

3rd Wednesday at 10:30 a.m.

CARDIO DRUMMING

Tuesdays at 3:15 p.m.
(No Meetings in July and August)

HIKING/WALKING CLUB

Tuesdays and Thursdays at
10:00 a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at
9:30 a.m. from May-August

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00 a.m.

SELF DEFENSE

Fridays at 9:00 a.m.

TAI CHI

Tuesdays at 9:00 a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00 a.m.

YOGA FIT

Saturdays at 9:00 a.m.
(No Meetings June-Sept)

YOGA WITH JEANNE

Thursdays at 10:45 a.m. Classes
fill fast—stop in to
check availability.

ZUMBA GOLD

Mondays at 5:30 p.m.



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

MEETINGS

AARP MEETING

3RD Thursday at 1:30
(No Meetings until September)

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m.

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.
Meets at Aurora Health Care Center

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows Family Restaurant

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.

For information or to play,
call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCBRE

Mondays at 1:00 p.m.

REGULAR EUCBRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 **Mondays at 1:15 p.m.**

Jack of Diamonds

Wednesdays & Fridays at 1:15 p.m.

Black Queens

RECREATIONAL

SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Manor Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Rehab Arisces

4th Tuesday (even months): Lincoln House

5th Tuesday: Visiting Angels

MAHJONG

Tuesdays at 1:00 p.m.

Thursdays at 12:30 p.m.

POOL

Open Pool daily during the summer

Pool League Tuesdays 8 ball &

Wednesdays 9 ball Sept-April

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play



SPECIAL EVENTS

MOVIES

1ST Thursday and 3RD Wednesday at 1:00 p.m.

(Dates could vary)

SALT/TRIAD

(Seniors and Law Enforcements Together)

4TH Thursday at 1:00 p.m. odd months

ROMEO'S

(Retired Old Men Eating Out)

1ST Thursday at Noon – Restaurant Varies

SUPPER CLUB

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies

Do you have questions or Ideas?



Give us a call at
(920) 322-3630
and we'd be more
than happy to help
you!



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2017 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2017 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

August 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

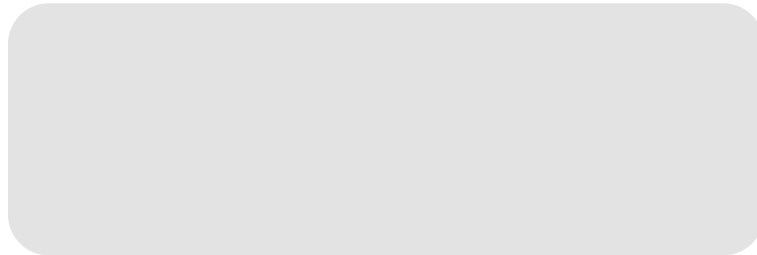
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DIRECTOR

Cathy Loomans 322-3632
cloomans@fdl.wi.gov

TRAVEL CO-COORDINATOR

Mary Schneider 322-3635

TRAVEL CO-COORDINATOR

Vicki Wiesner 322-3633

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

CARETAKER

Nichole Wilson

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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.